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Maps online @

[www.redwing4thofjulyroadrace.com](http://www.redwing4thofjulyroadrace.com)

# Red Wing

## *4<sup>th</sup> of July*

# Road Race



**10K Run**

**5K Run/Walk**

**July 4, 2012**

**Baypoint Park**

**Red Wing, MN**

## Mission:

The mission of the 4<sup>th</sup> of July Road Race is to promote running and fitness in the Red Wing area. Proceeds will go to support youth running programs in Red Wing.

## Location:

The races will start and end at Baypoint Park, located on the Mississippi River, in Red Wing. (Near the large grain elevators downtown.) Parking is available at the park and on the streets surrounding the park.

## Time:

10K – 8:30 AM

5K – 8:40 AM

Free Kids 1/3 mile run – 9:30 AM

## Registration:

Pre-Registration through the mail before June 29<sup>th</sup>. Race day registration starting at 7:00 AM at Baypoint Park.

\$14 before 6/29 \$18 Race Day  
Under 18 \$12 before 6/29 \$14 Race Day  
Immediate family cap \$ 40 before 6/29  
(includes up to 4 shirts) \$45 Race Day  
(Family cap / youth price registration not available online) Please make checks payable to:  
RED WING 4<sup>TH</sup> OF JULY RACE

## Awards:

**10K** – Trophies will be awarded two deep in the following age categories for both males and females, 15 & under, 16-19, 20-29, 30-39, 40-49, 50-59, 60+

**5K** – Trophies will be awarded 2 deep in the following categories for both males and females, 8 & under, 9-10, 11-13, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

All participants in the kid's 1/3 mile run will receive a ribbon.

## Amenities:

All participants receive a T-Shirt, food and beverage at the finish, and eligibility for door prizes. Water stop for the 5K at 2 mile mark. For the 10K at 2 mile, 3.5 mile, & 5 mile marks. Results can be found @ [www.redwing4thofjulyroadrace.com](http://www.redwing4thofjulyroadrace.com)

## Courses:

**5K** – Flat along the Mississippi River.

**10K** – Mainly flat with 2 minor hills.

Maps can be found at [www.redwing4thofjulyroadrace.com](http://www.redwing4thofjulyroadrace.com)

**Questions?** Contact Jesse Nelson  
[jhnelson@redwing.k12.mn.us](mailto:jhnelson@redwing.k12.mn.us) 651-388-1314

Name \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ T – Shirt size \_\_\_\_\_

Age on 7/4/11 \_\_\_\_\_ Gender M F

Email \_\_\_\_\_

Race (circle one) **10K** **5K**

\$14 before 6/29 \$18 Race Day

**Under 18** \$12 before 6/29 \$14 Race Day

**Family Cap** \$ 40 (includes up to 4 shirts)

\$45 Race Day

Amount enclosed \_\_\_\_\_

Checks payable to: Red Wing 4<sup>th</sup> of July Race

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including, but not limited to; falls, contact with other participants or spectators, the effects of the weather-including heat or high humidity-traffic or the conditions of the road surface, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act for my behalf, waive and release the 4<sup>th</sup> of July Road Race, the City of Red Wing, and all sponsors of the event, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability might arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_

Parents if under 18

Please mail completed form and fee to:

**Jesse Nelson**  
**1215 Walter Ave.**  
**Red Wing, MN 55066**